



Declaration of Study

Advanced Professional Diploma in Cuisine

This 900-hour program is an intensive program of study in the fundamental skills techniques in the professional kitchen, including both culinary and business skills. Graduates of this program are prepared to work in virtually any fine dining kitchen in the world, in nearly any cuisine, and have the foundational skills to, with experience, become a Chef, in charge of a fine dining kitchen.

Course Program: Advanced Professional Diploma in Cuisine – 900 Hours

Orientation (4 Clock Hours)

Before beginning their coursework, all students must attend a 4 hour orientation lecture, wherein they review the SDCI facilities and classroom layout, the catalog, the expectations and challenges inherent in their education at SDCI.

Level: Introductory

Prerequisite: Orientation

Introductory Lecture Series (56 Hours)

This lecture series comprises three sections: Professionalism, Intro to Business Management, and Safety and Sanitation. In this series, students are introduced to fundamental concepts that will be incorporated into and serve as a foundation to their work in the kitchen lab.

Professionalism (16 Hours)

In this class, the students will explore and understand what it means to be “Professional” and how this relates to a student, a Chef and the culinary industry. The Course is designed to help the student understand and define their personal / professional goals, to prepare a marketable resume and cover letter and to significantly improve the student’s ability to develop and conduct a successful job search. Students will discuss the role of the “Professional Chef” and how the education at SDCI will assist in achieving the student’s goals. The class will discuss the evolution and history of both classic and modern cuisine and the classical brigade structure and its relationship to the professional kitchen.

Level: Introductory

Prerequisite: Orientation

Introduction to Business Management (16 Hours)

This Course will give the students a realistic, objective introductory look and understanding of what is necessary to run a successful business. It will allow the students an opportunity to discuss a restaurant’s marketing strategy and to determine its effectiveness. The class will explore various methods of advertising and tracking their results and introduce the students to various “Controls” that need to be part of a successful business’ profitability. Projects and assignments will give the students an in depth understanding of how a basic budget is prepared and maintained. The group will discuss the real meaning of “Customer Service” and how it greatly affects business. The instructor will teach the students the necessary tools required to cost a menu, recipe and control a budget through the understanding of basic mathematic equations.

Level: Introductory

Prerequisite: Orientation

Safety/Sanitation and HACCP (24 Hours)

Creating and maintaining a safe and sanitary food service operation is more important than ever. Stories about food-borne illnesses and food spoilage have become a major concern in the food industry. There are many procedures and techniques needed in order to run a safe and sanitary kitchen. In this Course you learn to identify foods susceptible to hazardous microorganisms. Students are given information about purchasing, storage, preparation and serving procedures that promote food safety. Learn how to use knives and other cutting tools safely, how to lift and carry properly, and other fundamental safety procedures. This class was developed as preparation for the National Restaurant Association (NRA) approved examination, and the American Culinary Federation (ACF) recognizes the test in all 50 states.

Students are also guided through HACCP principles, including the flow of food, critical control points and HACCP customization and documentation. Contents of the lectures are Food Safety Hazards, establishing a HACCP Food Safety System, Developing Standard Operation Procedures and HACCP Systems for Sample Operations. A certificate is given upon successful completion of the HACCP Course.

Note: This class is a prerequisite to all kitchen skills classes. The class and the NRA test must be successfully passed prior to the student participating in any food production class.

Level: Introductory

Prerequisite: Orientation

Fundamental Building Blocks of Flavor **(36 Hours)**

"The Study of Flavors and Taste"

This Course will give the students an introduction to the many flavors and tastes that make up classical and modern world cuisine and allow the students to feel, smell and taste ingredients that help to create the many ethnic and unique regional cuisines. This hands-on approach to the eating senses will heighten the awareness of students to the complexities of taste, smell and the close relationship between them and give the students the ability to understand the blending of flavors and the balancing of sugars and acids. The topics covered in this class will introduce the student to eating with all of the senses—not just taste—and to demonstrate the general concepts of plate presentation, and how it affects our subconscious "taste perception" and its importance in the guest's enjoyment of a meal.

Level: Introductory

Prerequisite: Orientation

Cuisine I (64 Hours)

"The Fundamental Building Blocks of Technique"

This class will teach and establish the fundamentals used in cuisine and the professional kitchen environment. The students will be taught and practice a wide variety of cooking techniques and explore the effects that each have on the finished product. This Course will expand upon the theoretical information covered in the "Building Blocks of Flavor" and combine the student's knowledge of flavors and sensation and explore the practical application of how these flavors are achieved. The Course will provide the student with an introduction and command of the tools, equipment, safety procedures/precautions that would be found in a modern commercial kitchen environment. The Chef Instructor will teach the students the classical techniques, components and ingredients used to create some of the world's finest dishes.

Level: Introductory

Prerequisite: Safety/Sanitation and HACCP, Professionalism, Introduction to Business Management, and Fundamental Building Blocks of Flavor.

Cuisine II (64 Hours)

"The Application of Technique "

This Course will expand upon the fundamental skills, techniques and methods developed in the "Cuisine I" by learning the tools necessary to create complete plates. Students will learn how to cook a wide variety of ingredients including; vegetables, grains, starches, sauces and combine them together to create dishes that are not only pleasing to the mouth but to the eyes as well. The students will put their knowledge and skill of the fundamentals into practice by creating soups, classical and modern sauces by using stocks, purees, creams and a variety of thickening agents. This class will introduce students to a wide variety of proteins including seafood, poultry, red meats, wild game and specialty meats. Students will apply the cooking techniques previously learned to these proteins as well as practicing techniques, methods and "professional secrets" specific to some. This class will provide the student with the education and skills necessary to produce complete plates and focus on "Center of the Plate" items and methods necessary to create food that is cooked and presented in a fashion that is as enticing to the mouth as it is to the eye.

Level: Introductory

Prerequisite: Cuisine I

Entrepreneurship (89 Hours)

This Course will provide the student with a working, in depth knowledge of restaurant and kitchen management and provide a permanent resource manual in the form of notes and handouts that will assist the student in the early stages of their career. The instructor will instill and reinforce the function of a "Manager" and how this person can impact and interact with staff, employees and management. The content covered in this class will assist the students in the development of "People Skills" and understand the importance of lines of communication. This Course will cover the following: Restaurant Marketing, Menus and their design, Customer relations, Market trends and fads, External advertising and marketing, In house marketing, Demographics, psychographics and matching restaurant type/style to the customer's needs, Cost control, Food costs and inventory, Beverage costs and inventory, Liquor licenses, Labor costs and scheduling, Overheads and other "hidden" costs, Management styles and the processes of Hiring, Firing and Evaluations, Record keeping, Interview processes, Labor laws, Kitchen equipment and design, Safety / Worker's Comp.

Level: Introductory

Prerequisite: Cuisine II

Nutrition and Foods in the Culinary Profession (39 Hours)

In this Course, the student will learn the importance of how the human body processes foods and how classically prepared dishes can be modified to meet various dietary requirements without compromising the quality, flavor methods and presentations. The students will evaluate their current daily food and beverage intake by using serving sizes and various nutrition resources to calculate total calories and percentage of calories from each macro-nutrient group. These percentages will be compared to the American Heart Association Guidelines and the USDA Dietary Guidelines. This Course will teach students how to write 'calculated' menus, which will meet the American Heart Association Guidelines and the USDA Dietary Guidelines. This experience will allow the student to create fat, sodium, protein, gluten and other modified diet requirements while preparing food that is flavorful, visually appealing and following classic culinary preparation methods.

Level: Introductory

Prerequisite: Cuisine II

Cuisine III (80 Hours)

"Advanced Culinary Techniques "

This Course will expand upon the fundamental skills, techniques and methods practiced in “Cuisine I” and “Cuisine II” by developing the tools necessary to prepare advanced recipes and create complete detailed plate presentations. Students will learn how to create recipes using highly technical and advanced procedures that expand upon their current skills. The students will put their knowledge and skill of the fundamentals into practice by creating classical soups, classical and modern sauces by using stocks, purees, creams and a variety of thickening agents. This class will introduce students to advanced knife skills and cooking methods used in the world’s top restaurants. This class will provide the student with the education and skills necessary to produce highly technical recipes and complete meals by focusing on “Center of the Plate” items and methods necessary to create food that is cooked and presented to “International Standards”.

Level: Intermediate

Prerequisite: Cuisine II

Garde Manger (64 Hours)

This class will introduce the student to the art of cold food preparation and presentation. The student will learn both classic and modern methods, techniques. The Course will give the students the ability to prepare basic and classic plate garnishes and be able to produce basic cold emulsified sauces and understand how the chemistry of an emulsification works. Students will apply the concepts and theories behind plate presentation and put these procedures into practice through “A la Minute” preparation of appetizers, salads and classic sandwiches. Students will learn how to receive, care for, store and wash a variety of fresh fruits and vegetables. The Chef will teach the students the techniques necessary to design, create and produce classic canapés, hors d' oeuvres and appetizers. Students will be introduced to various types of vinegars and oils, their uses, and how they are made. This Course will teach students how to prepare various emulsified, non-emulsified and cream based dressings. Students will learn the art of “Charcuterie” and how to produce simple force meats and sausages.

Level: Introductory

Prerequisite: Cuisine III

Flavors of the World (100 Hours)

This Course will expand upon the skills, techniques and methods developed in the previous classes by introducing the students to a wide variety of ingredients, flavors, history and specific techniques used in some of the world’s most recognized ethnic cuisines. Students will learn how to prepare ethnic and classical dishes by using both classical French and other techniques specific to the country, culture and recipes being prepared. Students will learn how the climate, history, governmental structure, geography and other factors have played significant roles in the evolution of the cuisines by preparing some of the greatest dishes from around the world. The instructor will demonstrate various styles of service and presentation specific to these cultures.

Level: Advanced

Prerequisite: Cuisine III

Baking and Pastry (64 Hours)

This class will focus on basic and classical baking methods as well as presentation methods and techniques for plated desserts. The Course will involve a great deal of practical hands-on practice and production by each student working individually and as team members. The Course objective is to give each student a foundational knowledge of the ingredients and mixing methods necessary to make consistently high quality yeast breads and rolls, quick breads, muffins, cookies, pate a choux, cakes, dessert creams and sauces following classical methods and procedures. Students will learn about “Plated Desserts” and how to create beautiful presentations from the recipes and components they have prepared.

Level: Introductory

Prerequisite: Cuisine III

Final Exam (20 hours)

This comprehensive final examination will test competency in every aspect of the Advanced Professional Diploma in Cuisine. Students must complete a comprehensive thesis project based on the national cuisine of the student's choice and including a menu based on that national cuisine, nutritional analysis of that menu, plate presentation diagrams, and a final practical examination whereby students execute their menu and present them to a panel of chefs for tasting.